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## Regional School Unit 57

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*RSU 57 prepares respectful, responsible and creative thinkers for success in the global community.*

November 22nd, 2020

Dear Lyman Staff, Students, and Families,

This notice is to inform you that an individual at Lyman Elementary School (LES) has tested positive for COVID19. As a result of the Maine CDC contact tracing process, RSU 57 has been informed that members of two Pre-Kindergarten classrooms and riders of bus 1971 are considered "close contacts". Lyman families impacted have been notified and will initiate their quarantine today, per Maine CDC guidelines.

We are informing you out of an abundance of caution. Please monitor yourself/your student for signs and symptoms. Call a health care provider if symptoms start. It is important that you call a healthcare facility before you show up in person. Stay home if you are sick.

COVID-19 is a respiratory illness that ranges from mild to severe. It can be more severe in adults 60 years and older and in those with underlying conditions. The virus mainly spreads when an infected person coughs or sneezes and an uninfected person breathes in the virus. Signs and symptoms include:

- fever or chills
- cough
- shortness of breath or difficulty breathing
- fatigue
- muscle or body aches
- headache
- new loss of taste or smell
- sore throat
- congestion or runny nose
- nausea or vomiting
- diarrhea

Please keep in mind that many things can cause respiratory illness, so students and staff should be up-to-date on influenza and routine vaccinations.

Maine CDC or a school representative will contact you directly if you are identified as a close contact of someone who tested positive. Close contacts will be asked to quarantine for 14 days from last exposure to the positive individual. A negative test result does not get an individual out of quarantine.

Maine CDC recommends prevention measures to prevent the spread of COVID-19. These measures include proper handwashing with soap and warm water, which is especially important after using the bathroom, before eating, and after blowing your nose, coughing, or sneezing. When soap and water is not available, use an alcohol-based hand sanitizer with at least 60 percent alcohol. Avoid touching your eyes, nose, and mouth with unwashed hands and avoid close contact with people who are sick. Cover your cough or sneeze into a tissue, then throw the tissue in the trash. Clean and disinfect frequently touched objects and surfaces using a regular household cleaning spray or wipe.

Questions for the school can be directed to Lyman Principal Cindy Pellerin and Superintendent Larry Malone by calling 247-3221. For general COVID-19 questions, dial 211 (or 1-866-811-5695). You can also text your ZIP code to 898-211 or email [info@211maine.org](mailto:info@211maine.org). Call a health care provider for questions about your symptoms. More information can be found at [www.maine.gov/dhhs/coronavirus](http://www.maine.gov/dhhs/coronavirus) or [www.cdc.gov/coronavirus](http://www.cdc.gov/coronavirus) including quarantine information: <https://www.maine.gov/dhhs/mecdc/infectious-disease/epi/airborne/documents/What-Is-Quarantine.pdf>

Sincerely,

Larry Malone, Superintendent  
Cindy Pellerin, Lyman Principal